



SURVIVOR OUTREACH SERVICES



**Delivering the Army's
Commitment to Survivors**

Survivor Outreach Services
provides support services for
Active, Reserve and
Army National Guard Families.



**ARMY FAMILY COVENANT:
Keeping the Promise**

ARMYOneSource.com

Survivor Outreach Services ...keeping the promise

22nd Edition—February 2012 Happy Valentine's Day!

With its focus on love, relationships and romance, Valentine's Day can be especially difficult.

Below are some ideas to help you cope on Valentine's Day.



1. Eliminate expectations.

Forget the idea that grief is a five-stage process. Everyone grieves differently. You may be upset on Valentine's Day, you may feel numb or you may be OK. There is no specific way you *should* feel.

There may be times when you want to laugh or smile. Don't be afraid of joy and laughter. In fact, research has shown that positive emotions and laughter are hugely helpful when coping with loss.

In general, when it comes to how you experience loss, Don't grade yourself or anyone else.

2. Have a plan.

You don't want to be blindsided on the day. Consider what you'd like to do with your time. You might want to schedule a date with your friends to see a movie or grab dinner. Or save your best book to read while sipping tea.

3. Seek support.

Having the support of loved ones who understand how you're feeling can be very helpful. You can tell your friends or family that you don't want to be alone that day.

Another option is to attend a support group.

It's very powerful to walk into a room and realize that you aren't alone. (Continued on page 6)

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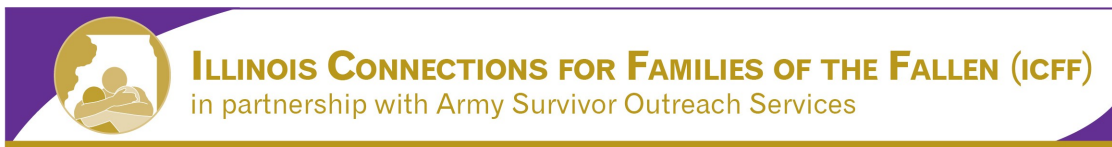


UPCOMING EVENTS:

The below is for informational purposes only, and is not intended to imply endorsement by the Illinois National Guard or Survivor Outreach Services Program of any event, organization, corporation, or product.

EMAIL UPDATES

If you received this Newsletter by regular mail, consider sending us your email address so that information can be sent out quickly and at no cost. Send an Email to: bobby.gillmore@us.army.mil and be added to our confidential distribution list for future newsletters and timely email updates about news, benefits, and



****Action Item****

ICFF is planning our next statewide event in conjunction with the Illinois National Guard in Springfield. (Tentatively scheduled for May 5th) We are in the process of developing the sessions for the day. We would like to offer a session for **siblings**. We know that there are few resources aimed at **siblings** and many have told us that they feel their loss is overlooked. We would like to know from you if you or anyone you know would be likely to attend this session at the event. We would love to have input from siblings of fallen service members to assist us as we develop this session. **Your feedback is important**, please feel free to contact ICFF at (312) 265-9109 or email ICFF@hdadvocates.org

Support Group for Family Members of Fallen Service Members—an ICFF initiative
Saturday, February 4th, 2012 — 10:00-12:00 p.m.

Please bring a covered dish. (Pot Luck)

****NEW GROUP****

Springfield VET Center

1227 Ninth Street

Springfield, IL 62703

RSVP to Bobby Gillmore (217) 761-3382 or bobby.gillmore@us.army.mil

Support Group for Family Members of Fallen Service Members—an ICFF initiative
Please contact Judy Schiffman or Polly Everett for the February date and time.

A light lunch will be served

****NEW MEMBERS WELCOME****

Institute for Psychoanalysis

122 South Michigan Avenue, Room 1323

Chicago, IL 60603

RSVP to Polly Everett* 312-922-7474, ext. 309

or Judy Schiffman* 312-922-7474, ext. 310



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EMAIL UPDATES

If you received this Newsletter by regular mail, consider sending us your email address so that information can be sent out quickly and at no cost. Send an Email to: bobby.gillmore@us.army.mil and be added to our confidential distribution list for future newsletters and timely email updates about news, benefits, and events.

Gold Star Families of Northern Illinois Luncheon

Saturday, February 25, 2012 — 11:30—2:30 pm

****EVERYONE IS WELCOME****

Brookfield VFW

8844 W. Ogden Ave, Brookfield, IL

RSVP to: harrisjean@comcast.net

Support Group for Family Members of Fallen Service Members—an ICFF initiative

Saturday, March 10th, 2012 — 10:00-12:00 p.m.

Please bring a covered dish. (Pot Luck)

****NEW MEMBERS WELCOME****

Springfield VET Center

1227 Ninth Street

Springfield, IL 62703

RSVP to Bobby Gillmore (217) 761-3382 or bobby.gillmore@us.army.mil

Financial Strategies for Recent Survivors:

Wednesday, April 4th, 2012 — 6:00—7:00 pm

Call in to talk with Mark and other SOS Financial Counselors about tax and financial opportunities/issues of which Survivors, especially those that are within 1 year of receiving the death gratuity/SGLI, can potentially take advantage. Contact Mark Dunlop (573-563-3004 or your local SOS team member if you wish to participate.

Honor and Remember

Honor and Remember has been given a rare and unique opportunity to partner with professional sports teams around the country. We are proud to share that a major focus for 2012 will be working with NASCAR. There will be numerous opportunities for Gold Star families to experience NASCAR racing as few are able. This will include Personal Tours, Garage and Pit passes as well as meeting drivers and team members. Even if you are not a racing fan the experience of this opportunity will be unforgettable. Please note that the number of families able to participate is very limited. Two tickets only will be available per family, 18 and older only. If you would like to be considered at a racetrack near you please contact us to find out more. Not all racetracks will be available. The upcoming races will be Daytona, Phoenix, Vegas, Dallas, however other tracks will be available. Please write: Events@HonorandRemember.org



SOS Financial Counseling Services

John Cook
Rock Island, IL
(309) 782-0815

Mark Dunlop
Ft. Leonard Wood, MO
(573) 596-0153

Jim Brunner
Darien, IL
(800) 315-6327 ext. 313

Tax Preparation for 2011 Returns

The following information and instructions are provided to ensure that your visit is as efficient as possible when you meet with a tax preparer.

1. Ensure that you bring the following forms before seeing a tax preparer:
 - All W-2's (If you do not have your W-2 yet, contact your employer).
 - IRS Forms 1099's stating interest, dividends, capital gains, distributions from pensions & IRA's.
 - Unemployment compensation and other income information.
 - All information regarding any credit or deduction you wish to claim.
 - Social Security cards/ numbers for you and all dependents you will claim.
 - A copy of last year's return, if itemizing.
 - A Power of Attorney, if required.
 - If claiming the child/dependent care deduction, you must have proof of payment and the caregiver's SSN or Employer's Employee Identification Number (EIN).
 - To claim adjustments, credits or itemized deductions, have receipts & totaled amounts.
 - To claim a dependency exemption, a non-custodial parent should have IRS Form 8332 (Release of Claim to Exemption for Child of Divorced or Separated Parents), Separation Agreement or Divorce Decree.
2. **Social Security Numbers (SSNs) and names must match exactly Social Security cards or processing of your return and any refund will be delayed.**
3. Amended returns cannot be electronically filed.
4. Ensure that you sign and date the return and that your spouse does so also, if filing a joint return. Keep a copy of your tax return for at least three years. Remember that your return must be in the US. mail no later than 17 April 2012 or it is late. If possible, use the label and envelope sent to you from the IRS. Your refund, if any, will arrive within 4-6 weeks. **To check on your refund call the IRS at 1-800-829-1040.**
5. Your tax return is ultimately **your responsibility**. Be sure to review your tax return before signing it.

Tax Return Preparation for 2011—Continued

LINKS TO ALL 50 STATES TAX FORMS:

<http://www.50states.com/tax>

IRS WEBPAGE: <http://www.irs.gov>

GENERAL INFORMATION TAX SITES (inclusion of these sites does not necessarily constitute an endorsement by the U.S. Government)

<http://govspot.com/tax/>

<http://taxes.yahoo.com>

<http://1040.com>

Free file : <http://www.irs.gov/efile/article/0,,id=118986,00.html>

HEROES ACT AND OTHER TAX ISSUES FOR SURVIVORS

Those eligible (with military identification cards) to get their taxes prepared through the Tax Assistance Center may receive some tax preparation services at their nearest military installation. Alternatively, for tax preparation services via Military One Source link to HR Block, eligibles can call Military One Source: 1-800-342-9647 or use the link via www.militaryonesource.com. (<http://www.militaryhomefront.dod.mil/12038/Newsletters/MHF/265713.html>)

Many professionals are aware of Publication 3 when they assist Survivors, but the less common Pub 559 and Pub 590 are often overlooked since they are not used as much.

Publication 3 Armed Forces' Tax Guide talks about Forgiveness of Decedent's Tax Liability, Combat Zone Related Forgiveness, Terrorist or Military Action Related Forgiveness and Claims for Tax Forgiveness.

http://www.irs.gov/publications/p3/ar02.html#en_US_publink1000176324

Publication 559 Survivors, Executors, and Administrators includes information on Tax Forgiveness for Armed Forces Members, Victims of Terrorism, and Astronauts.

<http://www.irs.gov/publications/p559/index.html>

<http://www.irs.gov/publications/p559/ar02.html>

Publication 590 Individual Retirement Arrangements (IRAs) describes treatment of Death Gratuity (DG) which can be up to \$100,000. and Service members Group Life Insurance (SGLI) which can be up to \$400,000. According to the IRS these can be treated like rollover Roth IRA monies (here is a one year time limit for the election) as noted in the section on Military Death Gratuities and Service members' Group Life Insurance Payments: <http://www.irs.gov/publications/p590/ch02.html> and as noted in VI. Section 109 of the HEART Act http://www.irs.gov/irb/2010-06_IRB/ar09.html which clarifies some of the Heart provisions as does <http://www.govtrack.us/congress/bill.xpd?bill=h110-6081>

Valentines Day Tips—Continued

4. Journal or write it down.

Journaling can help you release stored-up feelings. It can help you reflect on your thoughts.

5. Honor the person, if you're comfortable with that.

For some people, it's important and comforting to honor their loved one on Valentine's Day. This may include writing the person a letter or a Valentine's Day card or buying flowers in their honor.

We continue to bond with loved ones throughout our lives. It may be a cliché but it's true: That person is always in our hearts. Again, only do this if you feel comfortable.

6. Do what works for you.

As mentioned above, choose activities that feel right to you (self-destructive activities being the exception, of course). For some people, reminiscing about past Valentine's Days is helpful, while for others, it's painful. What works for one person may not work for another.

Think about what will make you feel better. If you're not sure, consider what healthy coping skills have helped you before when facing difficult times.

7. Practice self-care.

Make sure to get enough [sleep](#), eat well and exercise. If you're tired, grief will overwhelm you. Also, be kind to yourself. Losing a loved one is devastating and we all do the best we can.

Source: World of Psychology

Coping with Grief on Valentines Day

By MARGARITA TARTAKOVSKY, M.S.

By Cicely McCray

Joint Base Charleston School Liaison Officer

NASA space camp scholarship offered to children of military



NASA Space Camp is a place of learning where children come together for a journey they will never forget. For many, it is a life-changing event—helping them make decisions about their educational and vocational careers. This extraordinary adventure teaches our youth about astronauts and space travel and so much more. They learn leadership and they develop bonds of friendship that can last a lifetime.

The Military Child Education Coalition has created a Space Camp scholarship program in memory of one of America's bright young military children, Bernard Curtis Brown II. Bernard was the 11 year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, who died tragically Sept. 11, 2001, when the hijacked airliner on which he was a passenger crashed into the Pentagon in Washington, D.C. At the time, Bernard was on his way to California to represent his school at a National Geographic event.



Bernard's parents agreed to allow the MCEC to honor Bernard's memory with this scholarship to provide other military-connected children with the opportunity to experience the worlds of science and learning and share their experiences of service to the nation as proud members of Military Families.

Space Camp is a five-day program that shows youngsters to experience first-hand what it take to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and

launches, scientific experiments and lectures on the past, present, and future of space exploration.

There are three Space Camp locations: Huntsville, Ala.; Mountain View, Calif.; and Titusville, Fla. Tuition ranges from \$550 to \$875 and includes meals, lodging and program materials, but not transportation.

The scholarship covers full tuition including round trip transportation from the student's home base to Space Camp, meals, lodging and program materials, but not transportation.

The Military Child Education Coalition is now accepting applications for the Bernard Curtis Brown II Memorial Space Camp Scholarship. Student applicants must be:

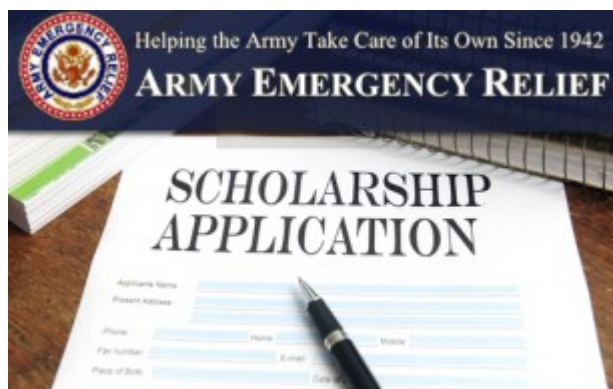
- * The child of a military member on active duty or mobilized Guard or Reserve.
- * The child of a military member who died while on active duty or mobilized Guard or Reserve.
- * Enrolled in grades six through nine.

Applications are available online at www.militarychild.org/child-student/space-camp-scholarship/. For more information about Space Camp, go to www.spacecamp.com

GRANTS AND SCHOLARSHIPS

Spouse Education Assistance Program

Spouse Education Assistance Program (SEAP) which is a need-based education program designed to provide spouses of active duty or retired Soldiers, or widow (er) of a Soldier who died either on active duty or in retired status with financial assistance to pursue a 4-year college degree. This program is one that should not be overlooked! *Remember* applicants **must** apply each year, and scholarship awards do not exceed four academic years.



The application for the 2012-2013 academic year will be available December 1, 2011. The Scholarship application is available on www.aerhq.org.

News & Updates

Army Emergency Relief currently has **two** spouse scholarship programs, the Overseas Spouse Education Assistance Program and the Stateside Spouse

Education Assistance Program. In order to offer more educational opportunities to Army Spouses, both programs will be *consolidated into one* Spouse Program, beginning December 1, 2011.

What will change?

- ☐ All spouses will be allowed to attend school part- or full-time.
- ☐ Part-time students must take a minimum of 6 credit hours per semester.
- ☐ Full-time students must take a minimum of 12 credit hours per semester.
- ☐ Scholarship eligibility for part-time students will be 8 years.
- ☐ Scholarship eligibility for full-time students will be 4 years.
- ☐ Scholarship funding will be for the fall and spring semesters only.

How do I receive a scholarship?

- ☐ Complete an online application and mail the supporting documents by the applicable deadlines as described in the online instructions.
- ☐ The scholarship application **must** be submitted online and on time, and all required documents **must** be received by the established deadline dates to be considered.

GRANTS AND SCHOLARSHIPS



MG James Ursano Scholarship Program

For Dependent Children of Active, Retired and Deceased Soldiers

GENERAL INFORMATION

Army Emergency Relief (AER) is a private non-profit organization with the primary mission of providing financial assistance to Soldiers and their dependents in time of valid emergency need. The MG James Ursano Scholarship Program was established in 1976 as a secondary mission to help Army families with undergraduate college expenses for their dependent children.

SCHOLARSHIP DETAILS

- The MG James Ursano Scholarship Program offers scholarships based on financial need as evidenced by information submitted on the FAFSA. The MG James Ursano Program also offers scholarship funds for academic excellence and leadership/achievement.
- The MG James Ursano Scholarship Program is not an entitlement and applications are not automatically approved.
- The MG James Ursano Scholarship Program will not be awarded to any student for more than four academic years, for second undergraduate degrees, or for graduate degree programs.
- The scholarship funds are mailed directly to the school and are split evenly between the fall and spring semesters, terms or quarters. The funds may be used for tuition, fees, books, supplies, and school room and board (either on or off campus).

ELIGIBILITY CRITERIA

- Student must be enrolled full time as an undergraduate student for the entire academic year at a school accredited by the U.S. Department of Education. (Because financial need is already met, students attending Service Academies are not eligible.)
- Student must maintain a cumulative GPA of 2.0 on a 4.0 scale
- Student must be a dependent of a Soldier on federal active duty, of a retired Soldier, or of a deceased active or deceased retired Soldier
 - o To be a dependent, the student must:
 - .. Be under the age of 23 (Eligibility ends at the end of the semester/term in which the student reaches their 23rd birthday. Example – turning 23 in December would mean the scholarship would be awarded for fall term ONLY.)
 - .. Be registered in DEERS
 - .. Remain unmarried for the entire academic year
 - .. Not be a member of the National Guard, Reserves, or other active duty military branch

DOCUMENTS AND DEADLINES

1. APPLICATION – APRIL 2, 2012

The 2012-2013 MG James Ursano Scholarship Application is available on our website, WWW.AERHQ.ORG after December 1, 2011, and must be submitted online by April 2, 2012. If it is not possible to submit the application online, a paper application may be requested using the contact information at the end of this document.

2. TRANSCRIPTS – APRIL 2, 2012

Transcripts must include the student's fall 2011 grades and cumulative GPA based on a 4.0 scale.

GRANTS AND SCHOLARSHIPS

Unofficial transcripts are acceptable as long as they include the student's name, school name, and cumulative GPA based on a 4.0 scale.

3. 2012-2013 STUDENT AID REPORT (SAR) – MAY 1, 2012

The FAFSA requires an annual application and can be completed at www.fafsa.ed.gov after January 1, 2012, for the 2012-2013 Academic Year. The result from the 2012-2013 FAFSA Application is the 2012-2013 Student Aid Report (SAR) which can be downloaded from the FAFSA website and submitted to AER. We require the COMPLETE SAR – please see our SAR instructions for more information.

4. FEDERAL TITLE 10 ORDERS (if applicable) – APRIL 2, 2012

If Soldier is Title 10 Active Guard or Reserve, submit a copy of orders showing federal activation for the entire academic year (August 2012 – May 2013).

5. CASUALTY REPORT (if applicable) – APRIL 2, 2012

If Soldier died while on active duty, submit a copy of casualty report.

SUBMISSION INSTRUCTIONS

Email all documentation as PDF attachments to URSANO@AERHQ.ORG by the deadline dates.

Documents that are late, incomplete or illegible will not be accepted.

If email is not possible, documents may be mailed to:

Headquarters, Army Emergency Relief

MG James Ursano Scholarship Program

200 Stovall Street

Alexandria, VA 22332-0600

If mailed, enclose a self-addressed postcard to receive acknowledgement of receipt. Emailed documents will be acknowledged. Please do not email AND mail documents as receipt of duplicate documents delays processing time.



Children of Fallen Heroes

The Children of Fallen Heroes Program was initiated in April of 2005. The brainchild of Chairman Wayne A. Reaud, the program wards laptop computers to children and spouses of United States troops who give the ultimate sacrifice in the ongoing conflicts in Iraq and Afghanistan. "This small help is for those who have so much for us," notes Chairman Reaud.

To be eligible for the program, a person must be the spouse or child of an active duty member of the U.S. Armed Forces who died in Iraq or Afghanistan since September 11, 2001. Children must be 18 or younger and must reside in the next of kin's household. Next of kin includes children of the current spouse, former spouse or step-children identified as dependents. Some fallen heroes have eligible dependents in multiple households.

For additional information contact Rob Craft at 866-546-2667.

Retrieved from: www.bmtfoundation.com

GRANTS AND SCHOLARSHIPS



Folds of Honor

Folds of Honor Foundation is committed to the families of the armed services who have been wounded or killed while servicing our great nation. We salute these heroic men and women, and have consequently established Folds of Honor Children's Scholarship Fund (CSF) to ensure no military family is left behind or forgotten. FHF through the Children's Scholarship Fund seeks to provide scholarships for Primary and Secondary Education (K through 12) for children of service members killed or 90 to 100% disabled while serving in a combat zone in support of Operation Iraqi Freedom (OIF), Operation Enduring Freedom (OEF) or Operation New Dawn (OND).

Children's Scholarship Fund is established for military children in grades K through 12 whose service member parent (s) meets one of the following eligibility requirements:

Killed in action in support of OIF, OEF, OND;

Killed in the Line of Duty while deployed in a combat zone in support of OIF, OEF, OND;

Wounded in Action with a 90 to 100% VA disability rating in support of OIF, OEF, OND;

Disabled in the Line of Duty with a 90 to 100% VA disability rating while deployed in a combat zone in support of OIF, OEF, OND.

While Folds of Honor would like to fulfill every scholarship request, selection and amount of the award is determined by funds available, number of applications, grades and service member history.

If you have any additional questions, please call Marsha Maxwell at (918) 274-4700 or email scholarships@foldsofhonor.org



Survivor Outreach Services (SOS)

SOS was created to embrace and reassure Survivors that they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire.

The SOS program continuously strives to provide the highest quality of services to surviving Family members of fallen Warriors. As such, we want to provide you with information on the SOS program in your area. We stand ready to serve you and answer your questions.

Services Available:

- Provide Expertise on State & Federal Survivor benefits
- Arrange for estate and financial advice
- Connect Survivors with mental health support/counseling
- Provide assistance in obtaining military reports
- Provide Survivors with resource referrals for:
 - Peer Support
 - Bereavement Counseling
 - Emergency Financial Services
 - Military Legal Assistance
 - TRICARE
 - Educational Benefits
 - Benefits Assistance

Bobby Gillmore, SOS Support Coordinator
Joint Forces Headquarters, 1301 N. MacArthur Blvd, Springfield, IL 62702-2399
(217) 761-3382 office, (217) 316-1191 cell, email: bobby.gillmore@us.army.mil

Jim Frazier, SOS Support Coordinator
Woodstock Armory, 1301 Sunset Ridge Road, Woodstock, IL 60098
(708) 646-5933 cell, email: james.l.frazier.ctr@us.army.mil

Robert Sheahan, SOS Support Coordinator
East St. Louis Armory, 2931 State Street, East St. Louis, IL 62205-2233
(618) 558-4196 cell, email: robert.sheahan@us.army.mil

TBD, SOS Support Coordinator
Building 110, East Avenue, Rock Island, IL
(877) 882-0523 office

Latanya Yarbrough, SOS Support Coordinator
10 S 100 South Frontage Road, Darien, IL 60561-1780
(404) 784-1603 cell, email: latanya.r.yarbrough@usar.army.mil

Check us out online at:

<http://www.il.ngb.army.mil/family/survivoroutreach>

Helpful Contacts and Resources:



**Check out the Illinois Connections for Families of the Fallen (ICFF)
“Community Connections” Resource Guide!**

http://www.nchsd.org/libraryfiles/HDAFiles/Veterans%20Project/11_11_Resourcesguide.pdf

Military & Family Life Consultants

Central/South (217) 720-0268

North: 708-638-2068

Providing free, confidential problem solving to all service members and their families. MFLC's travel to your home town. (12 free sessions)

Military OneSource

12 free sessions per issue from a counselor in your area (no cost)

1-800-342-9647 or www.militaryonesource.com

Department of Veterans Affairs

Free counseling for all family members including spouses, children, parents and siblings (no cost) 1-800-827-1000 or <http://www.va.gov>

TRICARE

Health and Dental Insurance

<http://www.tricare.osd.mil>

Tragedy Assistance Program for Survivors (TAPS)

1-800-959-TAPS (8277) or www.taps.org

Social Security Administration

1-800-772-1213 or <http://www.ssa.gov>

Defense Finance & Accounting Office

1-800-321-1080 or www.dfas.mil

National Military Families Association (NMFA)

<http://www.militaryfamily.org>

Gold Star Wives of America

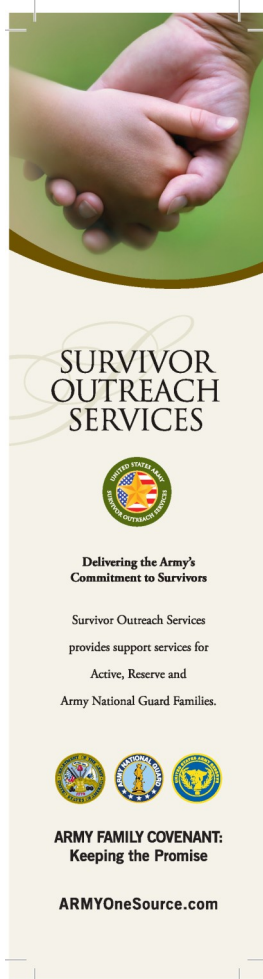
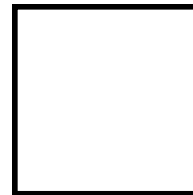
1-888-751-6350 or <http://www.goldstarwives.org/>

American Gold Star Mothers

202-265-0991 or <http://www.goldstarmoms.com/>



Army Survivor Outreach Services
1301 N. MacArthur Blvd.
Springfield, IL 62702-2399



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Check us out online at:

<http://www.il.ngb.army.mil/family/survivoroutreach>